

	SUN Nov 12	MON Nov 13	TUES Nov 14	WED Nov 15	THUR Nov 16
2-4 PM	Chem 102 Ch. 19, 20				
4-6 PM	Chem 101 Prac Test A	Chem 102 Ch. 20, 21	BICH 410 Prac Test A	BICH 410 Prac Test B	Chem 101 Ch. 9
6-8 PM	Chem 107 Prac Test A	Chem 102 Prac Test A	Chem 101 Prac Test B	Chem 102 Ch. 21	Chem 101 Prac Test C
8-10 PM	Phys 201 Ch. 12, 13	Chem 107 Prac Test B	Phys 218 Prac Test A	Phys 218 Prac Test B	Phys 201 Ch. 15
10-MID	Phys 208 Ch. 19, 20	Phys 208 Prac Test A	Phys 208 Prac Test B	Phys 201 Ch. 13, 14	Chem 102 Prac Test B

NOVEMBER 21, 2000  
**JR. E-WALK**  
CLASS OF 2002

**T-Shirt Sales**

November 6th-17th

Come see us in the MSC, Wehner and Blocker

MSC: Monday, Thursday, and Friday

Wehner: Tuesday and Wednesday (7th, 8th)

Blocker: 1 Tuesday and Wednesday (14th, 15th)

- KOOZIES \$3
  - T-SHIRTS \$10
  - LONG SLEEVE T'S \$15
  - COMBO DEAL \$25
- FAJITA LUNCH TICKETS \$7**  
Come eat lunch with friends before the walk begins!!
- PRESENTED BY:  
**CLASS COUNCILS**  
Est. 1890s

By STUART HUTSON  
*The Battalion*

**D**oughy, crispy, chocolate chip with almonds or oatmeal with coconut — the happiness of my existence depends upon the consumption of those tasty baked goods known as cookies.

Unfortunately, I am also one of those, "Well, I'll just have one," kind of people who only can avoid the stinging guilt of overindulgence by partaking of a single one of these scrumptious treats.

What is a cookie lover to do? The answer is obvious: bake one, gigantic cookie.

One does not need to go to a pricey specialty store or an expensive bakery to satisfy that inner Cookie Monster. A giant cookie can be made in the privacy of one's home with a few simple ingredients and a 14-inch pizza pan.

**What is the difference?**

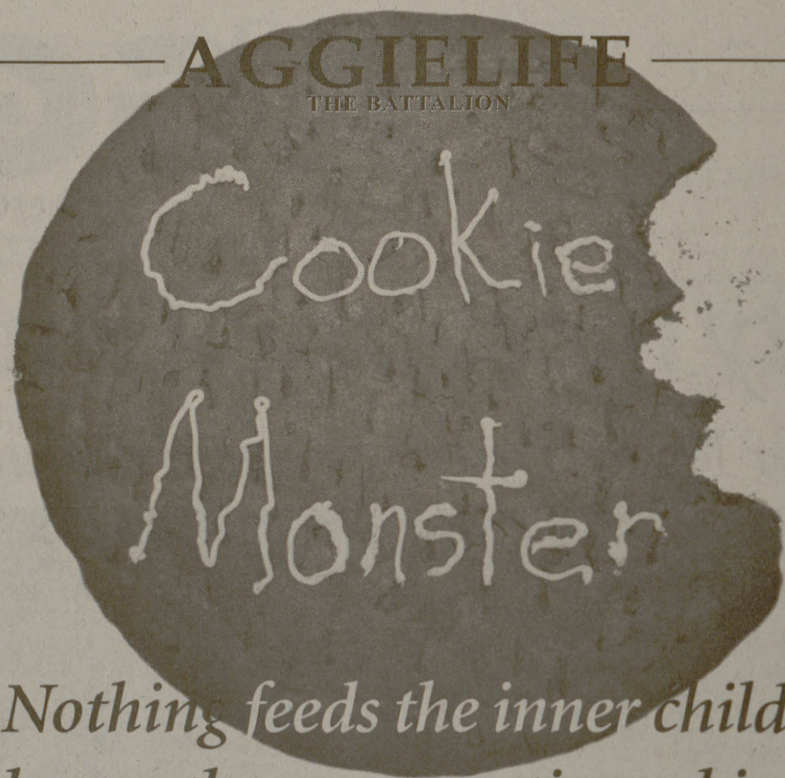
There is actually very little difference between the preparation of a giant cookie and a normal batch of cookies. The amounts in the recipe are remeasured to fit into a 14-inch pan and (after much trial and error) allow for the most even baking, since the biggest problem with its preparation is not completely cooking the center.

The recipe also notably excludes lard or shortening, but, hey, if you want some lard in your cookies, you put lard in your cookies (yummy).

In a pinch, store-bought cookie mix can be used, but expect it to come out extra crispy on the sides and extra doughy in the middle.

Large cookies are most popular among those who prefer something less conventional than cake for celebrations, such as birthdays or anniversaries. The cookies are greatly complimented with ice cream and can be decorated just like a normal cake, but without the extra mess of frosting the entire thing.

Besides, it is a giant cookie. Nothing brings out the four-year-old within like digging into a cookie bigger than one's head.



*Nothing feeds the inner child better than a gigantic cookie*

ing brings out the four-year-old within like digging into a cookie bigger than one's head.

**Get into the mix**

In a large bowl, beat the butter, sugar, brown sugar and vanilla until the mixture is light and fluffy. Then add the eggs, one at a time, making sure to continue beating the mixture well enough to keep the loose texture.

Gradually add the flour, salt and baking soda. Once that is all well-blended, stir in the chocolate and whatever else you would like. Some people prefer to use normal chocolate chips; however, I find that adding a broken-up large chocolate bar not only allows for huge deposits of gooey, delicious chocolate to form, but also keeps the final product looking as if it were just a larger scale model of a normal chocolate-chip cookie.

Once this is all mixed, you have raw cookie dough — better known as a cookie lover's answer to crack. It is

important to keep in mind that this mixture contains raw eggs which may harbor salmonella and other nasty bacteria. It is understandable to take a couple of bites (Who could resist?), but overindulging is likely to leave you without enough dough to cover the pan, and it may even result in a trip to the emergency room.

**Bake it, Baby**

Grease the pizza pan and spread the mix, leaving the center a little more shallow than the outside. Pre-heat the oven to 375 degrees and bake for 20 to 25 minutes or until brown. While it is baking, occasionally poke holes in the cookie with a toothpick or small knife to keep large air pockets from building up.

After the cookie is done, allow it to cool for five to 10 minutes before decorating.



**BIG cookie ingredients**

- 2 eggs
- 2 1/4 cups all purpose flour
- 1 teaspoon salt
- 2 cups semisweet chocolate chips or one big chocolate bar
- 1 cup chopped walnuts (optional)
- 1 cup butter
- 3/4 cup white sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract

RUBEN DELUNA THE BATTALION

**Be inventive**

There are numerous extra ingredients you can add to a giant cookie to satisfy your cravings. Fifteen to 16 minutes of baking, you can add a layer of caramel ice cream topping to the cookie and then sprinkle with an assortment of M&M's, coconut, or nuts. This leaves a rich layer of caramel on the cookie when it is baked.

For extra-special occasions, such as Valentine's day, a shaped cookie can be used to create a special shape. This can be anything from a turkey for Thanksgiving to a Christmas tree or even a dreidel for winter holidays.

For Superbowl season, a football shaped cookie with a little yellow food coloring is always a hit. Do not forget to add a little white frosting.

When spreading the dough, you can create an indentation or a hole in the cookie. After the cookie is baked, melt some chocolate and simply pour it into the indentation. Once it cools, it creates a wonderful effect, and an extra layer of solid chocolate in the middle of the cookie.

**Pizza is NOT a FOOD GROUP!!**  
— A Student's Guide to Healthy Eating

*I've heard all the stories about gaining the "Freshman 15" in college. Before college I ate pretty well and kept healthy playing sports, but it's much harder to keep up the good habits at school. How can I eat healthy on campus?*

Lisa T., Boston University.



**Suddenly...**  
You're protected  
**fresher**  
than you've ever  
been before.

Wow, what a fresh idea. All-natural odor protection. Only Playtex® Odor Absorbing Tampons offer you freshness like this. And Playtex gives you a choice: Silk Glide® Odor Absorbing Tampons with cardboard applicators or Gentle Glide® Odor Absorbing Tampons with plastic applicators. What's more, they're scent-free, fragrance-free. The secret — they eliminate odor by absorbing it. Naturally! So c'mon, make a change. Feel fresher with Playtex.

Playtex® Odor Absorbing Tampons



So comfortable you can't even feel them.

Hi Lisa,

This is a great question that affects a lot of women at the college level, whether they are freshmen or seniors. Although you shouldn't spend too much time obsessing about your diet, here are some simple things to remember when you sit down to a meal or grab a snack:

- ✗ Don't skip meals (including breakfast). Grab a granola bar, a container of yogurt, or a bagel if you don't have time to sit down and eat. Running on empty is bad for your metabolism and can adversely affect your ability to concentrate. In fact, eating five or six small meals (instead of two or three big ones) each day will increase your metabolism and help your body burn calories even if you're just sitting in class!
- ✗ Remember that fad diets don't work. Even if everyone in the dorm swears that the all-broccoli diet is the fast track to skinny thighs, remember that it's never a good idea to deprive your body of any food group. Eating in moderation is the key to a healthy diet.

- ✗ Do you suffer from bloating and cramping during your period? Sugar, alcohol, and caffeine have been shown to increase the severity of PMS and menstrual symptoms. To help you feel better during this time, make sure you drink plenty of water, snack on fruit, and eat nutritious foods. Another way to feel comfortable is to use Playtex tampons - they really are so comfortable you can't even feel them.

- ✗ A hamburger doesn't have to be a guilty pleasure. Red meat can be a healthy part of your diet as long as you don't eat it every day. Try turkey burgers or chicken tacos as an alternative.
- ✗ Try to have some low fat or skim milk once a day. Women are particularly in need of calcium during their college years to build bone mass and avoid osteoporosis (weak bones) later in life. If you don't want to drink a glass of milk, remember that yogurt or milk on your cereal counts as well.
- ✗ Always grab a piece of fruit or carrot stick when you're leaving the dining hall. Even if you don't want it right away, keep it in your room or backpack for a snack. Keep low-fat snacks like pretzels, graham crackers, trail mix, or raisins in your room for late night munchies so you won't be as likely to order pizza or raid the candy machine.
- ✗ Finally, there will be plenty of opportunities for late-night ice cream, between-class candy bars, and emergency fast food runs. You don't have to stay away from these things all the time, just listen to your body and keep your diet as balanced as possible.

**Playtex**  
TAMPONS  
So comfortable you can't even feel them.®